Whitehouse Forum Tackles Local Heroin Epidemic

By Karen Gerhardinger

When Lt. Robert Chromik, Drug Abuse Response Team (DART), Chromik knows better.

As a member of the Lucas County Sheriff’s Drug Abuse Response Team (DART), Chromik knows better.

“We've had 844 overdoses in Lucas County since April,” Chromik said during an October 6 community forum in Whitehouse.

Sponsored by Awake, a Drug-Free Communities Coalition serving the Anthony Wayne area, the forum was held to identify solutions and raise awareness of the heroin problem, said Awake executive director Amy Barrett.

Speakers included Chromik, Whitehouse police officer Amanda Crosby, A Renewed Mind CEO Matt Rizzo and Team Recovery’s Matt Bell.

Since DART was formed two years ago, it has grown to include 11 full-time and 10 part-time officers from throughout the area, including Waterville Township Police and Springfield Township Fire. DART office meets clients in hospitals just after an overdose to link patients and their families with resources to start down the path to recovery.

“We're creating trust and friendship,” Chromik said.

Users don't always overdose at home, as they typically take the drugs within a block of making the purchase, he said. So while a report might show more activity on the East Side or West Side, clients come from all over.

“We may not see the ODs in Whitehouse, but for some that can be misleading,” Crosby said. “We see the symptoms, like car break-ins and thefts. We have families calling, saying, ‘What can we do?’

Lucas County has an abundance of resources, Rizzo said. Police and EMS units, schools and even families have access to Naxcan, to stop the effects of an opioid overdose. A Renewed Mind (ARM), Compass, Union and the Zepf Center are among the recovery programs. Support groups like Team Recovery or Celebrate Recovery at Cedar Creek provide guidance to clients and families.

“Help comes from unexpected sources and community collaborations,” Rizzo said.

No one is immune to addiction. An estimated 70 to 80 percent of heroin addicts started with a prescription from a doctor for a legitimate injury, Rizzo said.

“That's true for Matt Bell, founder of Team Recovery, who is celebrating one full year of being clean this week. The 29-year-old recounted how he went from a firm anti-drug stance to nine years of heroin addiction – starting with a desire to be accepted at a new high school at age 14. The first cigarette led to beer, marijuana and other drugs, but he managed a 4.0 GPA and earned a place on The University of Toledo baseball team. A torn rotator cuff during his sophomore year and the resulting 90-day supply of Percocet derailed his big-league dreams.

“This is the typical heroin addict’s story. You start with pills,” he said. During those nine years, a lot of bad things happened. He was arrested 13 times in four states, overdosed a few times, divorced and lost custody of his son; declared bankruptcy; lost his car and license, and went to treatment 28 times. It was when he tried to commit suicide that he turned to DART.

Now he's got a job, his license and custody of his son. He started Team Recovery with other recovering heroin addicts to show there is a way, and it starts with admitting to an addiction.

“Drug addicts are not bad people. Recovery is possible,” he said.

Heroin addiction has an impact on the community in many ways, Rizzo said.

Employers struggle to find people able to pass a drug test, show up on time and perform well, he said. Increased thefts and other crimes impact the police and judicial system. Every $1 invested in recovery saves $12 in the legal and healthcare systems, Rizzo said.

Everyone can take part in stopping the heroin epidemic. Get rid of unused medications at local police department drop-boxes or in the national Take-Back Day on Saturday, October 22 from 10 a.m. to 2 p.m. at area fire departments.

Look for changes in behavior, sleep, friends and grades in students. Talk to kids early and often about addiction.

Locally, Anthony Wayne Local Schools works with Awake and other groups to provide programming, such as the upcoming guest speaker Sam Brackett, who wrote Orange Duffel Bag. Officer Crosby, who spoke at the forum, is also presenting an eight-week LifeSkills program in the schools.

Recovery is a journey with many on-ramps, including church, school and the legal system. All have a common destination, Rizzo said.

For information, visit www.awakeohio.org.
Event Aims To Assist Mothers In Drug Recovery

Northwest Ohio deaths due to heroin and opioids have increased at an alarming rate in our community and is among the worst in the United States, with nearly 300 deaths expected in Northwest Ohio this year. Our community affects people across all ages, ethnicities and classes and does not discriminate.

The Lucas County Sheriff's Department, Lucas County Department of Job and Family Services, Lucas County Health and Recovery Services Board, Toledo County Health Department, Lucas County Department of Medica, Lick, Lamar Outdoor Advertising, Walker Funeral Home, MLiving Magazine, City Paper, Welch Publications, Syphax Communications, Toledo Blade, Newspapers, The Chamber Partnership and a growing number of area businesses are banding together to fight this epidemic through an initiative called Help With Heroin (www.helpwithheroin.com).

Resources are needed here in Northwest Ohio to fight this epidemic, the Help With Heroin campaign, along with the Zepf Center, is holding a fundraiser, “Don’t Skip the Skirt” – Help on Saturday, October 29 from 6:00 to 11:00 p.m.  

All proceeds will go toward developing resources to develop support systems. “Don’t Skip the Skirt – Help” is being held this evening of music, friends and fun at the Maumee Bay Brewing Company, featuring a fashion show with clothing from Maggie Sottero & Sir. Elegant Rain, Vivian Kate and Sophia Lustig, modeled by SB Entertainment Group, hair and makeup by Levity Productions.

Company C dances, Glass City Talent 419 and Fat McCarty will be featured entertainment. Emece for the evening will be Melissa Vortman of 13abc, Meghan Mick of 92.5 KISS FM and Fred LeFevre of 1370 WSPD. The live auction will feature trendy skirts and food from area restaurants, including Ciao, Zia’s, Real Seafood, Maumee Brewing, Treo, LaScola, Beirut and Manhattan’s. Women are asked to wear favorite skirts that tell a “story.” Men are also welcome to wear skirts, but can opt instead to wear their favorite ties.

Sponsorship opportunities and tickets are available. Tickets are $50.00. For more information, visit www.a2zfundraiser.com or call (419) 841-7746.

Studio Fitness Specializes In Senior Classes

To Assist Those Over 50 In Staying Healthy

You are never too old to get positive results from exercising. Don’t think that exercise is just for the young. Studies have shown that older adults in all age groups benefit from exercise. 

A large health study reported in 2011 suggested seniors can benefit from as little as 15 minutes per day of moderately heart-pumping exercise. About 30 minutes is the official recommendation, in addition to at least two hours per week of muscle-contracting activity or exercise. It’s important to try to fit all four types of exercise into any senior exercise regimen.

Through advanced medicine and technology, we now have a better understanding of why some people tend to age faster than others. There is a large body of scientific evidence that we can slow down and in some cases reverse the symptoms of aging. In fact, many of us can be in better health in our 50s than we were in our 20s. Whether you are healthy or your current physical condition, you can benefit from exercising.

Reaping the rewards of exercise doesn’t have to include strenuous workouts. It’s about adding more movement and activity to your life, even in small ways. Whether you are generally healthy or are managing an illness — even if you’re housebound — there are many easy ways to get your body moving and improve your health and outlook.

Studio Fitness specializes in senior fitness and has designed its classes to specially accommodate the needs of seniors. For more information on classes, housebound activities or any other questions, contact Karen at Studio Fitness to see just what your fitness level is. As always, you must consult your physician before starting any exercise program or regi-

men.

Studio Fitness offers a number of comprehensive fitness classes designed specifically for elderly persons. Each class is 50 that encompass endurance, strength, balance, cardio and flexibility.

The senior fitness program at Studio Fitness is free to any seniors who are not Fit members. Check with your healthcare insurance provider to see if your insurance covers senior citizen classes.

If you are a SilverSneakers or Silver & Fit member, a nominal fee is charged for the program.

Contact Studio Fitness at (419) 870-2318 for more information on fees. Studio Fitness is located at 14131 Barnhill Pkwy. off Airport Highway across from TGI Fridays in the South Village Square Plaza.

Health-Care Apps Available On Smart Phones

Instrumental In Reducing Medical Expenses

BY NATHANIEL SILLIN, GUEST COLUMNIST

What if your next doctor’s visit could happen by smartphone from wherever you are in the world? It could happen sooner than you think.

This is called telemedicine, or telehealth. The use of Internet-connected devices to communicate information about diseases, symptoms and other health data. The Future Protections and Aid for Care Act (ACA) is driving innovations in health care and technology to develop apps and devices that offer greater access to health-care products and services at a lower cost. In fact, the global telehealth market is expected to grow from $440.6 million in 2011 to $4.5 billion in 2018, according to Colorado-based research firm IHS.

How could this affect you? Though apps that measure everything from your daily walk or run to your heart rate are already available, an incredible range of options are coming. Here are some of the current and future product development trends in smartphone and wearable health-care.

Clinical activity and vital tracking. While many major health systems and hospitals allow you to download apps that let you schedule appointments, see lab results and even communicate by e-mail or text with your doctor, such health apps have no medical or legal value — yet. However, the U.S. Food and Drug Administration recently released policy statements on what it calls “mobile medical apps” that will actually allow tracking of vital health data for direct interpretation by trained health professionals.

GPS medicine. Let’s say you need to fill a prescription and you want to know the cheapest place to buy it within a 10-mile radius of your house. Finding the closest to the restaurant, movie and ser-

vice-finding sites you probably use now, developers are considering similar models for medical supply and service pricing data that could save you money in real time.

Diagnose by selfie. Who knew taking a selfe could help improve your health? This new technology allows patients to take a photo of a non-life-threatening injury or illness, and then upload it to a website or cell phone (www.wnju.com/articles/the-future-of-medicine-is-in-your-smartphone;142026632). Then, an algorithm processes the image, evaluates it and texts back the diagnosis.

Developers are coming up with apps to collect symptom- and condition-related health data, which could mean that in the future, physicians will have a lot more to work with than a mere photo.

What about the healthcare legisla-

The American Red Cross has scheduled blood drives on the following dates:

For more information, visit www.redcross.org/blood.

October 14 – St. Luke’s Hospital, 5961 Monclova Rd. Maumee, 7:30 a.m. to 1:30 p.m.

Wednesday, October 19 – Whitehouse American Legion Post 3, 59 S. Providence St., Whitehouse, noon to 6:00 p.m.

October 19 – Community Blood Center of the Heartland, 641 Hurricane Rd. Findlay, 7:30 a.m. to 1:30 p.m.

October 20 – American Legion Post 40, 9250 Bluff Rd., Perrysburg, 7 a.m. to 12:30 p.m.

October 21 – Community Blood Center of the Heartland, 8055 North Main Rd., Northwood, 6:30 to 11:30 a.m.

October 21 – American Red Cross, 14100 Main Rd., Tiffin, 7:30 a.m. to 11:30 a.m.

October 22 – Community Blood Center of the Heartland, 3060 South Main Ave. Lima, 6 a.m. to 12:30 p.m.

October 22 – American Red Cross, 5000 State Route 24, Swanton, 10 a.m. to 3 p.m.

October 23 – Community Blood Center of the Heartland, St. Luke’s Hospital, 5961 Monclova Rd. Maumee, 7:30 a.m. to 1:30 p.m.
ProMedica Heart Institute Raises The Bar In Patient Cardiac Care

Last year, 59 ProMedica heart specialists performed 2,843 heart surgeries, 163,909 heart tests and 7,101 cardiac catheterization procedures, touching nearly a quarter of a million hearts.

The ProMedica Heart Institute is always striving to push the envelope in providing the latest in clinical care for heart patients, as well as setting the standard for heart care in the region.

Among the latest heart care trends ProMedica leads are:

• Increased access to heart care – When someone is experiencing heart problems, time equals heart muscle, so having rapid access to experienced heart specialists is critical. With the largest and most experienced team of cardiologists and heart surgeons in the area, ProMedica provides heart care at facilities across Northwest Ohio and Southeast Michigan.

• ProMedica also has highly experienced electrophysiologists who focus on diagnosing heart rhythm disorders and treating them with the most advanced treatments, such as radiofrequency ablation and cardiac devices that help control heart rhythm.

Only ProMedica Toledo Hospital has a cardiologist on-site 24/7 – along with a team of heart attack care specialists – to be there when the patient needs the highest quality of care the most.

Having a cardiologist physically in the hospital helps patients get an accurate diagnosis and lifesaving treatment more quickly. And the 24/7 cardiologists collaborate with physicians at other ProMedica hospitals in the region to quickly diagnose and treat heart attack patients and get them the care they need most.

The goal is to limit damage to the heart as much as possible.

• Less invasive procedures, including mitral valve clips for mitral valve regurgitation – About 250,000 Americans are diagnosed with mitral valve regurgitation every year. The mitral valve is very important for the heart, opening and closing to let blood flow into its main pumping chamber. When it does not work correctly, blood flows backward, or regurgitates, which can wear on the heart muscle, so having the latest in clinical care for heart patients is crucial.

For those patients who can’t, a new device called “the Watchman” was approved by the FDA in March 2015 and can be implanted in the heart, where harmful blood clots commonly form, helping keep clots from entering the bloodstream and causing a stroke. The device can be described as a cage with a covering. Using a catheter through a vein in the groin, the quarter-sized device is implanted in a small pouch off the left atrium of the heart, where blood clots commonly form with the potential to cause a stroke. Heart tissue grows over the device within 45 days of being implanted. After that, most patients are able to stop taking blood thinners.

TAVR, a less invasive heart valve replacement – When an open-heart procedure for a valve replacement for aortic stenosis is not an option, transcatheter aortic valve replacement (TAVR) could help these people achieve greater quality of life. In this procedure, a replacement aortic valve is fitted into the old valve. Once the valve is in place, it is expanded and allows adequate blood flow throughout the body. ProMedica Toledo Hospital has the most experience in our area utilizing this procedure, performing its first one in 2012.

Better quality of life for heart failure patients – Heart failure occurs when the heart is unable to pump enough blood to meet the body’s needs. According to the CDC, this quickly growing heart disease is a contributing cause in one of every nine deaths. Many patients experience reduced quality of life and frequent admissions to the hospital. ProMedica Heart Institute is striving to help adults facing this disease gain access to best-in-class care.

Heart failure clinics – ProMedica has established heart failure clinics throughout the area. These clinics help patients with their medications, ongoing education and support. As a result of the heart failure clinics, patient quality of life has (continued on page 4)

To view more heart care trends ProMedica leads, visit promedica.org/heart.
Raising The Bar In Heart Patient Care

(continued from page 3)

improved and hospital re-admissions have gone down. Those who don’t use the heart failure clinics have a nearly 20-percent re-admission rate. Patients getting support from the heart failure clinics have decreased their re-admission rates by nearly half to 10.8 percent. CardioMEMS heart failure system – ProMedica Toledo Hospital is the first in the area to offer this new miniature wireless monitoring sensor to help manage heart failure. Implanted into the pulmonary artery, it transmits daily readings from the patient’s home to a ProMedica heart failure clinic. This monitoring provides an early warning for worsening heart failure symptoms and enables caregivers to adjust medication and treatment, helping patients maintain a better quality of life and avoid re-admission.

Giving your heart a second chance – When a patient’s heart is healing from a heart attack or surgery, the specially trained cardiac rehab nurses at ProMedica Heart Institute walk with patients every step of the way to living a stronger and healthier life. Sessions include both health education and monitored exercise. The cardiac rehab team works with each patient on how to enjoy a healthy lifestyle through diet and exercise and how to properly manage heart medications. The exercise portion consists of light cardio, such as walking the treadmill, riding a stationary bike and using a rowing machine. Starting an exercise program after a serious heart event is frightening to many patients, but the one-on-one attention of nurses assures patients that they are safe and on the road to recovery. Every day, the physicians and staff of the ProMedica Heart Institute do whatever it takes to make a difference, to help people and families find heart health and an enhanced quality of life.

Members of the Mercy Health leadership team packed 100 boxes of needed supplies for area shelters.

Mercy Health Leadership Team Delivers Supplies To Area Shelters

Rather than spending a day in meetings, the senior leadership team at Mercy Health in Toledo decided on a recent Friday to give back – and engaged the community while doing it. Leaders volunteered time on September 16 to gather donated supplies and deliver them to local charities. Thanks to the support of both Mercy Health employees and community members, Mercy Health was able to provide 100 boxes of supplies and more than $4,000 in financial donations to six local organizations. These charities have long offered shelter and hope for members of our community in need. The shelters included: Beach House – Beach House aims to help homeless women and families regain independence through education, employment and life management. Aurora Project – The Aurora Project has provided housing, resources and life skills programs empowering homeless women and their children.

The following are the collection sites for the Take Back Initiative in the surrounding areas for Saturday, October 22, 2016 from 10am-2pm.

Sylvania Police Dept.
6950 Maplewood Ave., Sylvania

Sylvania Township Police Dept.
4250 King Rd., Sylvania

Ottawa Hills Police Dept.
2125 Richards Rd., Ottawa Hills

Village of Whitehouse Fire Dept.
10550 Waverly St., Whitehouse

Swanton Police Dept.
Village Council Rm.
219 Chestnut, Swanton

Swanton Pharmacy
1211 Roopert Hwy, Swanton

Maumee Police Division
109 East Dudley, Maumee

St. Luke’s Hospital
9301 Monroe Rd., Maumee

UT Police Station
151 S. Township Blvd., Toledo

UTMC Emergency Room/Looby
3005 Arlington Ave., Toledo

Safety Bldg.
525 N. Erie St., Toledo

Scott Park District Police Station
2301 Nebraska Ave., Toledo

NW District Police Station
3000 W. Sylvania Ave., Toledo

Oregon Police Station
5356 Searman Rd., Oregon

Springfield Twp.
Fire Station #3
7143 Leamton Rd., Maumee

Providence Twp.
Fire & Rescue
8149 Main St., Napoleon

Monticello Twp.
Fire Dept.
4328 Allen Rd., Monticello

Toledo-Lucas County Health Dept.
605 N. Erie St., Toledo

Kroger
4955 Jadeview Nw., Toledo

Kroger
3555 Glenwood Ave., Toledo

Kroger
8700 Waterville Swanton, Waterville

Washington Twp.
Fire Dept.
2489 Sherrard Rd., Toledo
Two Local Athletes Team Up To Prove What Is Possible

BY AMY MANLEY
MIRROR REPORTER

A journey that began years ago with a friendship formed on an area high school wrestling deck is moving forward with “The Rolling Stride to Greatness,” powered by the partnership of Nick Hyndman and Josh Jordan.

The pair will compete together in the Nationwide Columbus Marathon on Sunday, October 16 with Josh running and Nick rolling in an adapted wheelchair.

A 23-year old senior at The University of Toledo, Nick has cerebral palsy, which affects his fine motor skills, speech and his ability to walk.

More than 400 miles have been logged in preparation of the race-day journey. While the number is impressive, it doesn't adequately measure the heart and soul the two friends bring to the challenge.

Nick and Josh are both dedicated athletes with accomplishments in multiple sports. They share a “mentally tough” sports philosophy that carries over into other areas of their life.

In Nick's words, "Being an athlete is one of the greatest ways to test a person’s physical and mental being." He has played eight years of baseball and three years of soccer, as well as eight years of wheelchair football among fellow athletes with disabilities.

He chose to pursue wrestling in high school as well as three years of jiu-jitsu (martial arts) and is currently marathon training with Josh as a way to compete with non-disabled peers.

One thing that I have learned is that in society a lot of people view people with disabilities as inferior in a sense," he said. "Disability is often seen through a negative lens and seen as weak or incompetent or unable to contribute anything to society. So, I wanted to change that perspective of disability and go after sports where I could compete with peers that are non-disabled."

Recalling his Perrysburg high school wrestling days with Josh, Nick said, "The first thing I noticed is that he treated me like everyone else, regardless of my disability, and saw me as a teammate."

"He always had a positive attitude," Josh said of his friend. "I liked working with him because he was always up for anything, never using his cerebral palsy as an excuse, so there was no reason to view him any differently."

"Once I joined the wrestling team, people saw that I am just like all my peers because I have passions and dreams that I am willing to work for," Nick said.

Josh and Nick Hyndman complete a recent training session on the Wabash Cannonball Trail. After initially using a traditional chair, they modified Nick’s wheelchair, adding a high bar to push the chair and changing the front of the chair to a one-wheeled apparatus. They were then required to apply for approval from marathon officials to utilize the chair during the race.

Josh Jordan and Nick Hyndman complete a recent training session on the Wabash Cannonball Trail. After initially using a traditional chair, they modified Nick’s wheelchair, adding a high bar to push the chair and changing the front of the chair to a one-wheeled apparatus. They were then required to apply for approval from marathon officials to utilize the chair during the race.

Working together to complete the marathon is a current passion for both. They hope to make a difference by creating awareness for cerebral palsy while pursuing positivity with the campaign they are calling “The Rolling Stride to Greatness, Achieving Greatness One Stride/Mile at a Time.”

Josh said they also hope to "show people that disability is an ability to do something in a different way ... you can still get out there, set goals and accomplish them."

In response to multiple requests to support their cause with donations, the pair has added a link (www.youcaring.com/nationwide-childrens-hospital-and-united-cerebral-palsy) to their Facebook page at www.facebook.com/marathon-towardsgreatness111 as a way to donate. Proceeds will be split equally between Nationwide Children’s Hospital in honor of the race and United Cerebral Palsy to help maximize the standard of living with cerebral palsy for future generations.

The teammates' goals don't stop here, either, as the pair is already discussing possible plans for a future triathlon. Those interested in following their progress may visit www.facebook.com/marathon-towardsgreatness111.

Josh Jordan and Nick Hyndman complete a recent training session on the Wabash Cannonball Trail. After initially using a traditional chair, they modified Nick’s wheelchair, adding a high bar to push the chair and changing the front of the chair to a one-wheeled apparatus. They were then required to apply for approval from marathon officials to utilize the chair during the race.

Working together to complete the marathon is a current passion for both. They hope to make a difference by creating awareness for cerebral palsy while pursuing positivity with the campaign they are calling “The Rolling Stride to Greatness, Achieving Greatness One Stride/Mile at a Time.”

Josh said they also hope to "show people that disability is an ability to do something in a different way ... you can still get out there, set goals and accomplish them."

In response to multiple requests to support their cause with donations, the pair has added a link (www.youcaring.com/nation-wide-children-s-hospital-and-united-cerebral-palsy) to their Facebook page at www.facebook.com/marathon-towardsgreatness111 as a way to donate. Proceeds will be split equally between Nationwide Children’s Hospital in honor of the race and United Cerebral Palsy to help maximize the standard of living with cerebral palsy for future generations.

The teammates' goals don't stop here, either, as the pair is already discussing possible plans for a future triathlon. Those interested in following their progress may visit www.facebook.com/marathon-towardsgreatness111.

Josh Jordan and Nick Hyndman complete a recent training session on the Wabash Cannonball Trail. After initially using a traditional chair, they modified Nick’s wheelchair, adding a high bar to push the chair and changing the front of the chair to a one-wheeled apparatus. They were then required to apply for approval from marathon officials to utilize the chair during the race.

Working together to complete the marathon is a current passion for both. They hope to make a difference by creating awareness for cerebral palsy while pursuing positivity with the campaign they are calling “The Rolling Stride to Greatness, Achieving Greatness One Stride/Mile at a Time.”

Josh said they also hope to "show people that disability is an ability to do something in a different way ... you can still get out there, set goals and accomplish them."

In response to multiple requests to support their cause with donations, the pair has added a link (www.youcaring.com/nation-wide-children-s-hospital-and-united-cerebral-palsy) to their Facebook page at www.facebook.com/marathon-towardsgreatness111 as a way to donate. Proceeds will be split equally between Nationwide Children’s Hospital in honor of the race and United Cerebral Palsy to help maximize the standard of living with cerebral palsy for future generations.

The teammates’ goals don’t stop here, either, as the pair is already discussing possible plans for a future triathlon. Those interested in following their progress may visit www.facebook.com/marathon-towardsgreatness111.
Generals Turn Pink To Support Susan Komen Race For The Cure
Anthony Wayne High School students gather in the gymnasium on Friday, September 23 to show off their pink and support the Susan G. Komen Race for the Cure, which was held on September 25.

HEALTH CARE

Calendar

Hospice Of Northwest Ohio Sets Caregiver Program
“Caring for the Caregiver,” a free two-session workshop designed to help those who are caring for the needs of a friend or family member find personal meaning in the experience, is being held on:

- Saturdays, October 22 and 29 from 10:00 a.m. to noon at Hospice of Northwest Ohio Toledo Center. Register by Monday, October 17.
- Sundays, November 22 and 29 from 1:00 to 3:00 p.m. at Hospice of Northwest Ohio Perrysburg Center. Register by Wednesday, November 16.

Held in partnership with the Area Office on Aging, the general public is welcome to register for the workshop by contacting Julie Tischholz at (419) 931-5534.

Studio Fitness Plans November/December Classes
Studio Fitness, 1413 Bernath Pkwy. off Airport Highway, offers fitness classes for active seniors 55 and older. Classes are free for SilverSneakers members and $3.00 for nonmembers.

- Classes offered on Mondays include Strength and Balance at 1:00 p.m., Zumba Gold Low-Impact Dance at 1:00 p.m. and Cardio Drumming at 2:00 p.m.
- Wednesdays feature Strength and Balance at 11:00 a.m., Zumba Gold Low-Impact Dance at 1:00 p.m. and Chair Yoga at 2:00 p.m.

On Fridays, join Cardio Drumming at 9:30 a.m., Strength and Balance at 11:00 a.m. and Zumba Gold Low-Impact Dance at 1:00 p.m.

For more information, contact Studio Fitness at (419) 870-2318 or www.studiofitnesspoledivas.com.

Taoist Tai Chi Society Offers Classes
The Taoist Tai Chi Society is a nonprofit, volunteer organization dedicated to improving health and well-being. Classes consist of slow movements that use gentle turns and stretches to improve balance, flexibility, circulation and strength.

In November, new beginner classes will start in Maumee on Tuesday and Wednesday, November 1 and 2, and in Bowling Green on Friday, November 4.

For more information, call (419) 537-0131 or visit www.toledo.ohio.usa.taoist.org.

Bittersweet Sets Bowling League For Teens With Autism
Bittersweet Inc. continues to expand the Social Living Club (SLC) with a six-week bowling league. The SLC is a recreational program that provides social and community opportunities to teens with autism.

The SLC is partnering with Bowlero Lanes to offer a bowling league to teens with autism. The teens will learn the basics of bowling, sportsmanship, conversational skills and social skills.

Beginning on November 3, the league will meet on Thursdays from 6:30 to 8:00 p.m. at Bowlero Lanes, 4398 Monroe St., Toledo.

The cost for the six-week league is $35.00. Scholarship opportunities from ProMedica and the Great Lakes Collaborative for Autism are available. SLC participants must be able to participate in the activity independently or with the appropriate support staff provided by the family. For more information, contact Kate Guibrand at (419) 206-7803 or kgulbrand@bittersweetfarms.org.

Caregiver Classes Offered In Swanton
Caregiver classes will be held on the second Tuesday of every month at 3:30 and 6:30 p.m. at Swanton Health Care and Retirement Center, 214 S. Munson Rd., Swanton. To make a reservation, contact Chris Cremean at (419) 825-1145 or ccremean@swantonhealthcare.com.

Good Grief Offers Peer Support To Grieving Kids
Good Grief of Northwest Ohio meets on Tuesdays at 6:00 p.m. at 7015 Spring Meadows Dr. West in Holland. Good Grief provides peer support services to children ages 4-21 who are grieving the loss of someone important in their lives.

Groups are open-ended. Families enter and leave at their own discretion, and there is no fee. Registration and orientation are required for participation. For further information, call (419) 360-4939 or register at www.goodgriefnwo.org.

Adult Grief Group Meets At Perrysburg Hospice
Hospice of Northwest Ohio offers an ongoing, interactive grief support group for adults who are adjusting to the loss of any loved one. The group meets from 6:00 to 7:30 p.m. on the first and third Tuesdays of each month at the Perrysburg Center, 30000 E. River Rd., Perrysburg.

The group is free and open to any adult; however, preregistration is required. Call (419) 661-4001 for more information or to register.

(continued on page 7)
Growing Through Grief Group Offered In Swanton

The community is invited to an ongoing bereavement workshop, “Growing Through Grief,” at Trinity United Methodist Church, 210 N. Main St., Swanton. Held the fourth Tuesday of every month from 7:30 to 5:00 p.m., participants will help each other through the pain, seek new adventures and support each other on the path to healing.

Conducted by licensed bereavement counselors, the sessions are free and open to anyone in the community who is interested in attending, whether or not they have had a prior relationship with Hospice of Northwest Ohio.

Pre-registration is required. For more information or to register, contact the hospice bereavement department at (419) 661-4001.

To learn more about grief and loss or Hospice of Northwest Ohio, visit www.hospicenwo.org.

Parkinson’s Support Group Set At The Waterford

The Waterford at Levis Commons and the Parkinson’s Foundation have initiated a partnership to hold a monthly Parkinson’s support group for not only its residents, but also people in the community who are either suffering from this disease or people who are the family members or caregivers of someone affected.

This group will meet on the third Monday of every month at 6:00 p.m. in the Waterford at Levis Commons Chapel, 7100 S. Wilkinson Way, Perrysburg. For more information, call (419) 931-9390.

Annie’s Angels Reaches Out To Caregivers

Annie’s Angels invites caregivers of those with ovarian or gynecological cancers to take a break. Come meet one evening a month with people who understand. Whether your loved one is currently going through the treatment process or you have previously cared for someone, all are invited to come.

This informal support group will meet the second Monday of each month at the West YMCA from 6:30 to 8:00 p.m. Call (419) 344-7729 or e-mail dewus.angell2@yahoo.com to learn more about Annie’s Angels.

Annie’s Angels invites caregivers of those with ovarian or gynecological cancers to take a break. Come meet one evening a month with people who understand. Whether your loved one is currently going through the treatment process or you have previously cared for someone, all are invited to come.

This informal support group will meet the second Monday of each month at the West YMCA from 6:30 to 8:00 p.m. Call (419) 344-7729 or e-mail dewus.angell2@yahoo.com to learn more about Annie’s Angels.

Annie’s Angels invites caregivers of those with ovarian or gynecological cancers to take a break. Come meet one evening a month with people who understand. Whether your loved one is currently going through the treatment process or you have previously cared for someone, all are invited to come.

This informal support group will meet the second Monday of each month at the West YMCA from 6:30 to 8:00 p.m. Call (419) 344-7729 or e-mail dewus.angell2@yahoo.com to learn more about Annie’s Angels.

Annie’s Angels invites caregivers of those with ovarian or gynecological cancers to take a break. Come meet one evening a month with people who understand. Whether your loved one is currently going through the treatment process or you have previously cared for someone, all are invited to come.

This informal support group will meet the second Monday of each month at the West YMCA from 6:30 to 8:00 p.m. Call (419) 344-7729 or e-mail dewus.angell2@yahoo.com to learn more about Annie’s Angels.

Annie’s Angels invites caregivers of those with ovarian or gynecological cancers to take a break. Come meet one evening a month with people who understand. Whether your loved one is currently going through the treatment process or you have previously cared for someone, all are invited to come.

This informal support group will meet the second Monday of each month at the West YMCA from 6:30 to 8:00 p.m. Call (419) 344-7729 or e-mail dewus.angell2@yahoo.com to learn more about Annie’s Angels.
Parents must bring child’s shot record, insurance card and parent identification. The cost is $10.00 per shot for children without insurance; $30.00 for adults.

Clinics are available at:
- St. Luke’s Hospital on the third Thursday of every month, from noon to 2:00 p.m. and 3:00 to 5:45 p.m.
- Western Lucas County Clinic, 330 Oak Terrace Blvd., Holland, on the first Thursday of every month from 8:30 to 11:30 a.m., third Friday of every month from 8:30 to 1:00 a.m. and 1:00 to 3:30 p.m., and on the fourth Monday of every month from 1:00 to 3:00 p.m.

For more times and locations, go to www.lucasscountyhealth.org or call (419) 213-4121.

Heartland Rehab Offers SilverSneakers Programs
Heartland Rehabilitation Services at Arrowhead Park, 518 The Boulevard, Maumee, is a SilverSneakers location and offers the following SilverSneakers classes: Classic Classes on Mondays and Wednesdays from 1:30 to 2:30 p.m. and Tuesdays and Thursdays from 11:00 a.m. to noon, and SilverSneakers Yoga on Tuesdays from 2:30 to 3:30 p.m. The gym is available during business hours. There is no cost for SilverSneakers members and low cost for nonmembers. Call for information at (419) 897-9822.

Serenity Hosts Pain Support Group Meetings
Serenity offers a chronic pain support group for people who are affected by chronic pain conditions, including Ehlers-Danlos syndrome, fibromyalgia or any chronic pain condition. Both those with chronic pain conditions and those tracking a diagnosis are welcome.

The group meets regularly and has an active Facebook page for support and to share information and experiences between meetings. Meeting dates are sent out to all who request to be added to the e-mail distribution list and are posted on the Facebook page. Those interested in joining the group, Serenity Chronic Pain, should e-mail Bfairbone@com and/or request to join the Facebook page under Serenity Chronic Pain.

Mental Health & Addiction Support Announced
The Gateway to Wellness and Recovery ... A Place for Families will be held on the third Thursday of each month from 6:00 to 7:30 p.m. at the University of Toledo Scott Park Campus Classroom Center. The program is a collaborative effort by the Mental Health and Recovery Services Board, NAMI of Greater Toledo and TASC of Northwest Ohio.

This free group provides a place for families impacted by mental illness or drug and alcohol addiction to find resources and information. Tables from agency representatives regarding mental health and addiction services, and a monthly speaker on issues related to mental health and addiction services, will be featured. For more information, contact Sarah Smiley at (419) 243-1119 or ssmiley@nami.ohio.org.

Free Services Offered For Women’s Health Needs
The Breast and Cervical Cancer Project (BCCP) offers free services to many women in Northwest Ohio. If you live in a household with limited income, have no health insurance and are 40 years of age or older, you may be able to receive free medical services. Women who have been screened through BCCP and who are found to need treatment for breast cancer, cervical cancer or precancerous conditions will be covered by BCCP Medicaid for their cancer treatment and other healthcare needs.

Contact the local BCCP enrollment agency at (800) 929-6626 to see if you qualify for free services.

BCCP is funded by the Centers for Disease Control and Prevention and state revenue funds, administered by the Ohio Department of Health and operated by its 11 Regional Enrollment Agencies (REA). BCCP’s clinical services are available through a large network of medical providers throughout Ohio. Once a woman is enrolled in BCCP, she will be scheduled for services with clinical providers in her area by staff at her REA.

BCCP is committed to serving Ohio women in a convenient, accessible, respectful and culturally competent manner. For more information, visit www.bit.ly/Ohio-BCCP.

Heartland Of Waterville Sets Support Group
Heartland of Waterville offers a monthly support group for caregivers and family members of people with Alzheimer’s or dementia.

Meetings are held at Heartland of Waterville, 201 N. Main St., on the third Thursday of every month at 1:00 p.m. Refreshments are provided. For more information, please call (419) 360-4939.

Good Life of Northwest Ohio goes to training/planning.

Heartland Of Waterville Sets Support Group
Heartland of Waterville offers a monthly support group for caregivers and family members of people with Alzheimer’s or dementia. Meetings are held at Heartland of Waterville, 201 N. Main St., on the third Thursday of every month at 1:00 p.m. Refreshments are provided. For more information, please call (419) 360-4939.

Good Life of Northwest Ohio goes to training/planning.

WellCare Of Ohio offers free peer support groups for children, teens and young adults who have experienced the death of someone significant in their lives.

Good Life of Northwest Ohio is committed to helping young families after a death, offering a safe place to gather, grieve, receive and share support. Peer support groups are age-appropriate and led by trained facilitators who can encourage children, teens and young adults ages 4 to 24 to express their thoughts and feelings through music, play, art, journal writing and other activities.

Support groups are offered for parents/caregivers while kids’ groups are in session, giving them an opportunity to share and to learn ways to help their children, as well as themselves. Parents are not required to attend adult sessions, but must remain on site.

Sessions are held the first and third Tuesday of the month at Church of the Cross United Methodist, 1750 Eastgate Rd., Toledo. Pre-registration and a signed consent form are required.

Those interested in becoming trained volunteers or attending sessions should call (419) 360-4939.

For more information about Good Life of Northwest Ohio, visit www.alz.org/nwohio.

Good Life Of Northwest Ohio goes to training/planning.

Alzheimer’s Association Offers Support Groups
The Alzheimer’s Association, Northwest Ohio Chapter, offers support group meetings for caregivers of those with memory loss. The meetings are free and open to the public. Meetings are held on the second Saturday of every month at 1:30 p.m. at Scrambler Marie’s, 570 W. Dussel Dr., Maumee. For a complete schedule of meetings or more information, call (800) 272-3900.

Alzheimer’s Association Operates Free Helpline
The Alzheimer’s Association, Northwest Ohio Chapter, operates a free helpline 24 hours a day, seven days a week in 140 languages. Staff is available to help with questions about Alzheimer’s disease or memory loss, medications and treatment options, brain health and care options, caregiving tips and respite care options, services available in the community and/or referrals. The toll-free number is (800) 272-3900. The association is also available online at www.alz.org/nwohio, or e-mail alzheimer@alz.org.

Free Alzheimer’s Care Consultation Available
Consultation is a free service offered by the Alzheimer’s Association to individuals affected by Alzheimer’s disease or a related memory loss disorder. One-on-one meetings to discuss individualized needs can take place in a person’s home, in a neutral setting or at the Alzheimer’s Association office. An Alzheimer’s Association staff member can provide education, discuss options for the future, assist families in defining goals and provide information on available community resources.

For further information, contact Bob Haush at (419) 537-1999 or (800) 272-3900.

Readers interested in submitting items to this column may do so by sending an e-mail to info@thenewspaper.com or by sending a typed press release to The Mirror, 111 W. Wayne St., Maumee, Ohio 43537. Deadlines are 5:00 p.m. on each Thursday prior to the following Thursday’s publication.

New Life Retreat
Drug and Alcohol Rehabilitation and Education

PUBLIC SERVICE ANNOUNCEMENT
Narconon reminds families that abuse of heroin and opioid drugs has become a national health crisis. Learn to recognize the signs of heroin abuse and get your loved ones help if they are at risk. Visit www.narcononnewliferetreat.org/blog/naloxone-availability.html to learn about the overdose reversing drug known as naloxone and find out its availability in your state.

ADDITION SCREENINGS
Narconon can help you take steps to overcome addiction in your family. Call today for free screenings or referrals: 1-800-431-1754